

I CLAIM:

1. A flexible wrap for supporting a portion of a body, the flexible wrap comprising:
  - an elastic band; and
  - an adhesive mounted on said elastic band near an end of said elastic band to secure said elastic band to a body, wherein the adhesive is adapted to be detachably mounted to the body.
2. The flexible wrap of claim 1 further comprising a releasable cover mounted on said adhesive, wherein said releasable cover is removed to expose said adhesive.
3. The flexible wrap of claim 1 wherein said adhesive is an adhesive layer that extends between lateral edges of said elastic band along said end of said elastic band.
4. The flexible wrap of claim 1 wherein said adhesive is adapted to be detachably mounted to skin on the body.
5. The flexible wrap of claim 1 wherein said adhesive is a hydrogel.
6. The flexible wrap of claim 1 wherein said elastic band includes a plurality of layers.
7. A flexible wrap for supporting a portion of a body, the flexible wrap comprising:
  - an elastic band; and
  - a plurality of fingers extending from an end of said elastic band, wherein said plurality of fingers are secured to an exposed section of said elastic band when the flexible wrap is attached to the body.

8. The flexible wrap of claim 7 further comprising a plurality of fasteners, wherein at least some of the fingers includes at least one fastener for securing said plurality of fingers to said exposed section of said elastic band.

9. The flexible wrap of claim 8 wherein each of the fingers includes at least one fastener for securing said plurality of fingers to said exposed section of said elastic band.

10. The flexible wrap of claim 7 wherein each of said plurality of fingers is integral with said elastic band.

11. The flexible wrap of claim 10 wherein said plurality of fingers includes at least one finger that extends from said end of said elastic band along a lateral edge of said elastic band and at least one other finger that extends from said end of said elastic band along an opposing lateral edge of said elastic band.

12. The flexible wrap of claim 11 wherein said plurality of fingers includes at least one finger that extends from a midsection of said end on said elastic band.

13. A flexible wrap for supporting a portion of a body, the flexible wrap comprising:

- an elastic band having a first end and a second end;

- an adhesive layer mounted on said elastic band near said first end to secure said elastic band to a body, wherein said adhesive layer is adapted to be detachably mounted to skin on the body;

- a plurality of fingers extending from said second end of said elastic band, wherein said plurality of fingers are integral with said elastic band and secured to an exposed section of said elastic band when the flexible wrap is attached to the body; and

- a plurality of fasteners, wherein each finger includes at least one fastener for securing said plurality of fingers to said exposed section of said elastic band.

14. The flexible wrap of claim 13 wherein said elastic band includes a plurality of layers.

15. A flexible wrap for supporting a portion of a body, the flexible wrap comprising:

an elastic band;

a pack that includes a midsection; and

a fastener extending along said midsection of said pack such that said fastener secures said pack to said elastic band.

16. The flexible wrap of claim 15 wherein said fastener is an adhesive.

17. The flexible wrap of claim 16 wherein said adhesive is an adhesive layer that extends between opposing edges of said pack.

18. The flexible wrap of claim 17 wherein said elastic band includes lateral edges and said adhesive layer is transverse to said lateral edges when said pack is secured to said elastic band.

19. The flexible wrap of claim 18 wherein said adhesive layer extends between said lateral edges of said elastic band when said pack is secured to said elastic band.

20. The flexible wrap of claim 16 wherein said adhesive is hydrogel

21. A method of supporting a portion of a body, the method comprising:

attaching an elastic band to the body using an adhesive; and

wrapping the elastic band around the portion of the body.

22. The method of claim 21 further comprising securing an end of the elastic band to an exposed section of the elastic band.

23. The method of claim 21 wherein attaching an elastic band to the body using an adhesive includes attaching an end of the elastic band to the body.

24. The method of claim 21 wherein attaching an elastic band to the body using an adhesive includes attaching the adhesive to skin on the body.

25. The method of claim 21 wherein attaching an elastic band to the body using an adhesive includes exposing the adhesive.

26. A method of supporting a portion of a body, the method comprising:  
wrapping an elastic band around the portion of the body; and  
securing a plurality of fingers that project from an end of the elastic band to an exposed section of the elastic band.

27. The method of claim 26 further comprising repositioning at least one of the plurality of fingers to customize pressure applied by the elastic band.

28. The method of claim 27 wherein repositioning at least one of the plurality of fingers includes disengaging the at least one of the plurality of fingers from the elastic band and then securing the at least one of the plurality of fingers to another part of the elastic band.

29. The method of claim 26 further comprising attaching the elastic band to the body.

30. The method of claim 29 wherein attaching the elastic band to the body includes attaching the elastic band to skin on the body using an adhesive.

31. The method of claim 26 wherein wrapping an elastic band around the portion of the body includes wrapping the elastic band around the body more than one time but less than two times.